

Dear Fellow Employee:

IS IT A STROKE?

Do You Know How To Determine When A Person Is Having A Stroke? It can be difficult to identify the symptoms of a stroke; and unfortunately, a stroke victim may suffer brain damage when others cannot recognize the symptoms of a stroke. Now bystanders can recognize a stroke by asking three simple questions:

- *Ask the individual to smile.
- *Ask him or her to raise both arms and keep them up.
- *Ask the person to speak a simple sentence.

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting in February 2003. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

Information sources:

http://urbanlegends.about.com/library/bl_stroke_test.htm

&

<http://www.strokeconference.org/portal/strokeconference/sc/release22003>



LEARN MORE ABOUT STROKES at: <http://www.mayoclinic.com/>

January 16-22 is "HEALTHY WEIGHT WEEK". Maintaining a healthy weight through healthy eating and physical activity can help prevent high blood pressure, a main contributor to strokes. Check the WOW website at

http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html for resources to help you maintain a healthy weight.

CONGRATULATIONS to Charmaine Collings, the winner of the December WOW Contest! Thanks to all contest participants. Please try again next month if you have never been selected a winner. The contest question may be found in WOW News.

If you are unable to access the website from the above link, go to <http://www.michigan.gov/mdcs> and click on Employee Benefits, then Employee Health and Wellness. A number of WOW-negotiated fitness club discounts are on-going. Look for one in your area. Please feel free to call our toll free number (1 800-505-5011) if you have difficulty accessing our website or its links.

